

SUMMARY

Title: Problems relating to the visually handicapped pupils at Jaroslav Ježek School

Aim of work: Mapping and evaluating the present sports possibilities of the visually handicapped pupils in the 2. stage of Jaroslav Ježek basic school in Prague. The aim is to concentrate on the facts that the pupils perceive as barriers and that hinder them from physical activities.

Method: To reach the above mentioned aim there were compiled and sorted the necessary data. We made a survey for the pupils and furthermore we evaluated the acquired data. On the basis of the acquired information we proposed the enlargement of sports possibilities and proved them in practise.

Results and conclusions: The school currently offers a wide portfolio of sports possibilities and thus both within the physical education lessons and in various sport clubs, and further by arranging the participation of the pupils in various republic sports competitions. The visually handicapped pupils have a chance to familiarize themselves with the basics of athletics, swimming, cycling, applied sports and physical games, traditional skiing, and also for example water sports, wall climbing, horse riding, in-line skating and other outdoor activities.

The activities that tend to the compensation or reduction of the visual handicap or the weakened locomotive organs remain the basic ones. On the one hand there are the orientation games and activities for the development of space visualization, soft motorics and the development of the auditory and also visual orientation. On the other hand, the relaxing and harmonizing exercises are no less important because the defected body posture and the weak physical condition often accompany the serious visual handicaps.

The seriously visually handicapped pupils have great possibilities of the physical development. They master the most of the motoric activities at the same level as “the healthy pupils”. However, they need safe conditions and help from the visually healthy people. This help has to meet the requirements for the basic orientation in the problems of the visually handicapped pupils who are doing sports and to be based on the

knowledge of pupils to be able to prevent themselves from the safety and healthy risks. For the physical motivation among the visually handicapped pupils it is important to have a professional trainer or a navigator whom the pupils can absolutely trust.

The results of the survey showed that the children mainly feel the lack of enough staff and a possibility to train. It is one of the important factors that hinder the visually handicapped pupils in the active approach to doing sports at the observed school.

Another important obstacle is the health condition. It is viewed as the biggest problem of this visual handicap and the health limitations; further problem of the pupils is their physical condition.

The last important factor is time. It is a consequence of the fact that children have also other hobbies and duties they spend their leisure time on. To the most frequently stated hobbies belong studying, computers and internet, music (mainly instrument playing and chorus singing), further for example reading or the care for a guide dog.

Another important result of this work is the fact that the teachers of physical education lessons at this school face the problems of the need for individual approach to the visually handicapped pupils. They look for the help of a professionally trained assistant or they exchange the pupils between themselves on agreement or they joint the classrooms to be able to realize different games and sports activities.

During the physical education lesson we have succeeded in creating a new ball game called “Kobercák” that almost all pupils from the school are able to play regardless the physical limitation. At the same time it can be used as a preparatory game for goal ball, a special game for the visually handicapped pupils which is even included in the world championship. Kobercák is described in details in this work including its rules.

Key words: visually handicapped, sports and physical education of the visually handicapped children, space orientation, survey, game Kobercák.